

# Preschoolers & Families: Take the Fit & Healthy Kids Fall Challenge!

## Fall back into fun, food & fitness...

For the week of October 2–6, keep track of how you:

- 1) MOVE more** - get your body moving!
- 2) Eat more COLORS** - eat fruits & veggies of every color!
- 3) Turn it OFF** - turn off TV & video games!

DAY	What I did to <b>MOVE MORE</b> (goal=1 hour)	These are the <b>COLORS* I ate</b> (aim for 2 cups)	Did I watch <b>less TV?</b> (yes/no)	Parent or guardian initials
<b>Monday October 2</b>				
<b>Tuesday October 3</b>				
<b>Wednesday October 4</b>				
<b>Thursday October 5</b>				
<b>Friday October 6</b>				

**\*Color Key**

R – red  
Y/O – yellow/orange  
G – green  
B/P – blue/purple  
W – white

For copies of this form or for more information about the Governor's Fit and Healthy Kids Initiative go to:

**<http://healthvermont.gov/fitandhealthy.aspx>**

For more information about the Fit and Healthy Kids Fall Challenge, call the Vermont Department of Health at:

**802-863-7330**

# ***The Governor wants to meet YOU!***

*Preschools and child care centers can win:*

## **A visit from Governor Douglas**

Governor Douglas will visit your school to see how you Move More, Eat More Colors and Turn it Off!

### **To enter:**

Using the log sheet on the front of this page, or on a separate piece of paper, describe what you did each day to Move More, Eat More Colors and Turn it Off!

### **Submit entries by October 18, 2006 to:**

Fit and Healthy Kids  
Vermont Department of Health  
Division of Health Improvement  
PO Box 70  
Burlington VT, 05402-0070

### **Individual or Family:**

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

OR

### **Preschool/Child Care Center:**

Name of Center and Contact Person: \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

### **Check out the Governor's Fit & Healthy Kids Initiative on the web at:**

<http://healthvermont.gov/fitandhealthy.aspx>

For more information about the Daylight Savings Challenge,  
call the Vermont Department of Health at **(802) 863-7330**

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